

ABSTRACT:

A system for supplying useful-to-human-body substances into a human body utilizing a sauna space, comprising a sauna room being used by one or a plurality of users, a section for supporting at least the waist and the back of a user in the sauna room, a high-temperature steam or the like supply section for supplying high-temperature micro-particles or steam of about 60°C or above, and a low-temperature mist supply section for atomizing a low-temperature liquid of about 30°C or below containing substances having actions useful for the human body, e.g. a nourishing/restoring action, an immunity activating action, an organism conditioning action, or the like through ultrasonic vibration and discharging the atomized liquid toward the face of the user.